

Montag , 30.01

09:00 - 09:55

BBP (Bauch,
Beine, Po) /
Bodytone

Katja

10:00 - 10:55

Yoga
Carmen

12:15 - 12:45

P.I.I.T
Linda

18:00 - 18:55

BBP (Bauch,
Beine, Po) /
Bodytone

Kerstin

19:00 - 19:55

Zumba
Andrea

20:00 - 20:55

Power Yoga
Beatrice

Dienstag , 31.01

09:00 - 09:55

Zumba Gold
Petra

10:00 - 10:55

Power Yoga
Michaela

17:30 - 17:55

P.I.I.T
Linda

18:00 - 18:55

Kick Power
Nicole

19:00 - 19:55

Pump
Sandra

Mittwoch , 01.02

09:30 - 10:00

Senioren Cycling
Yves

10:05 - 11:00

Rückengymnastik
Katja

18:00 - 18:55

BBP (Bauch, Beine,
Po) / Bodytone

Katja

19:00 - 19:55

Cycling
Yves

Donnerstag , 02.02

06:30 - 07:25

Yoga
Nina

09:30 - 10:25

Pilates
Eva

18:00 - 18:55

Pump
Nicole

19:05 - 20:00

Fitboxe
Andrej

Freitag , 03.02

10:00 - 10:55

Rückengymnastik
Liz

12:05 - 13:00

Pump
Sandra

19:00 - 19:55

Pilates
Eva

Samstag , 04.02

09:30 - 10:25

Yoga
Nina

Sonntag , 05.02

09:30 - 10:25

Pump
Tatjana